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Navy & Marine Corps Medical News

MN-98-21

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Headline: Nelson nominated to become Navy's new surgeon general

By JO1 Joe Parker, Naval Medical Center, San Diego

SAN DIEGO, Calif.-- Rear Adm. Richard A. Nelson, commander, Naval Medical Center (NMC), San Diego, has been nominated to become the Navy's newest surgeon general.

Secretary of Defense William S. Cohen announced that President Clinton had nominated Nelson for appointment to the grade of vice admiral and assignment as chief of the Bureau of Medicine and Surgery and Surgeon General, Washington, D.C. Nelson has served as the NMC San Diego commander and Lead Agent, TRICARE Region Nine since August 1993.

"I'm humbled by the prospects of the job and what it means," he said.

"I look forward to the opportunity of being one of the leaders of our Navy and Marine Corps medical personnel, as well as being their advocate within the leadership of the Department of Defense, the Navy and our public."

Nelson was born near Perkins, Ok. He received a bachelor of science degree from Oklahoma State University and a doctor of medicine degree from the University of Oklahoma. He completed a residency in occupational medicine at the University of Cincinnati.

Nelson entered the Navy in 1967 with initial duty at Naval Hospital, Corpus Christi and Naval Ammunition Depot, McAlester, Ok. His other career highlights include command of Navy Environmental Health Center, in 1974 when it was located in Cincinnati, Ohio and again in 1981 after it was relocated to Norfolk, Va. He was commanding officer of Naval Hospital Bremerton from 1989 to 1991. Before assuming his present position, Rear Admiral Nelson served as Fleet Surgeon, Command Surgeon for the U.S. Atlantic Command and Medical Advisor to Supreme Allied Command Atlantic.

Nelson is certified in occupational medicine by the American Board of Preventive Medicine and is a member of the American College of Occupational and Environmental Medicine and the Association of Military Surgeons of the United States.

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Headline: Yokosuka team prepares for anthrax vaccinations  
By Bill Dougherty, U.S. Naval Hospital, Yokosuka

Yokosuka, Japan--In anticipation of future anthrax immunizations, the team at U. S. Naval Hospital Yokosuka and its branch medical are using a self-study approach to learn about the vaccination process as the best way to prevent the disease, which can also be used as a biological weapon. Lieutenant Commander Pat Tysor, MC, and Hospital Corpsman First Class Joel Clemente developed the hospital's self-paced anthrax information program from data supplied by the Department of Defense (Health Affairs) and Bureau of Medicine and Surgery. That information is located on the DoD anthrax information page:  
[http://www.defenselink.mil/other\\_info/protection.html#Anthrax](http://www.defenselink.mil/other_info/protection.html#Anthrax) and the BUMED homepage under "MEDNEWS, issue 98-10."

Tysor and Clemente used the input to create posters that line the hospital's conference room. Hospital staff read the posters at their own pace and then individually take a 30-question test. As of May 15, all of USNH Yokosuka and branch medical clinic staff had completed the training.

The anthrax vaccine uses the body's own natural disease-fighting abilities to prevent illness. It is a safe and effective licensed vaccine to protect military personnel against anthrax, which the Department of Defense has identified as a high-threat biological warfare agent.

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Headline: Okinawa goes online and improves access to care  
By HMCN (SW) Michael C. Carr, U.S. Naval Hospital, Okinawa

OKINAWA, Japan--The U.S. Naval Hospital (USNH), Okinawa, Military Family Medicine Department now allows customers to schedule routine medical appointments online at its web page at <http://www.oki.med.navy.mil>. This change in business practice is part of a recent initiative to place more focus on customers.

The four Military Family Medicine Clinics located at the Evans Branch Medical Clinic, Camp Foster; Bush Branch Medical Clinic, Camp Courtney; Kinser Branch Medical Clinic, Camp Kinser and within the hospital at Camp Lester are programmed to receive online appointment requests. Their goal is to respond within two days or less with the customer's appointment.

Mike Swanson said that his Information Resources Department was asked to apply the KISS (Keep It Simple Shipmate) principal to appointment form design and they did. It is easy to understand and can be filled out quickly.

In addition to the convenience of accessing care online, customers also have the option of seeking evening care on Mondays and Wednesdays at all of the clinics except Evans Branch Medical Clinic.

"This is a real plus for many of our patients who just can't get away from daytime jobs or have children in school", said Senior Chief Hospital Corpsman (Surface Warfare) Mike Coleman of the Military Family Medicine Clinic, Camp Kinser.

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Headline: Navy opticians tune-up senior citizens' glasses  
By HM1 J.V. Wolfe, Naval Ophthalmic Support and Training Activity

YORKTOWN, Va.--Senior citizens at the York Convalescent Center recently received a special visit from Navy opticians assigned to the Naval Ophthalmic Support and Training Activity (NOSTRA) in Yorktown. The opticians, part of the NOSTRA CARES Committee, were there to perform free repairs and adjustments on the residents' eyeglasses with subsidies from local businesses.

"It was a very special time," related Hospital Corpsman Third Class Tray Sherwood, "It meant a lot to the residents that we cared enough to come and provide this service. Some of the patients were really in need of it too."

"This sort of service is exactly what NOSTRA CARES is for," said HM3 Sandra Torra, president of the NOSTRA CARES committee. "NOSTRA CARES is a group of volunteers that focus on taking time to care about not only people on our base, but in the surrounding community as well."

Staff at NOSTRA discussed the special needs of elderly citizens with Amy Dixon, activities director of York Convalescent Center. They learned that with the residents' decreased physical activity, good vision becomes more important than ever. Many patients are unable to do more than read, watch TV or work on laptop hobbies.

"We tightened lenses, realigned frames, replaced nose pads and ensured a proper fit," explained NOSTRA CARES member HM3 Ray Council. "We wanted to do this because we understand that it's hard for many residents to travel, and it takes certain tools and knowledge to adjust glasses without breaking them, especially older frames that have

become brittle."

Local merchants worked with NOSTRA CARE member HM3 John Motichka to contribute lens cleaner, screws, nose pads and even cases to the NOSTRA CARES group.

To learn more about NOSTRA and its programs, visit its web page at <http://nostra.med.navy.mil>, or contact HM1 Joseph Wolfe at (757) 887-7148, or email to [noslpao@nos10.med.navy.mil](mailto:noslpao@nos10.med.navy.mil).

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Headline: Corpsmen celebrate 100th anniversary with opening of historical center  
From Hospital Corps Historical Center

GREAT LAKES, Ill.--One hundred years of dedication and service will soon be on permanent display at the Naval Hospital Corps School in Great Lakes, Ill. The Hospital Corps Historical Center will open June 17 to coincide with the 100th birthday celebration of the Hospital Corps.

The Center will be an attraction for thousands of visitors and students who pass through Corps School annually.

"What better a place for a Hospital Corps Historical Center than at the only remaining Hospital Corps School," said Master Chief Hospital Corpsman James A. Kite, Jr., team leader for the project that developed the Historical Center.

Kite began the process of accumulating historical items for the Center by advertising in magazines, newsletters and with veteran organizations announcing the plan for a Historical Center. According to Chief Hospital Corpsman Danilo Hipolito, the response was overwhelming with the usual items such as old photos, "unit one" medical bags and old uniforms. A less common historical item submitted was embalming equipment. The Center also received newspaper clips describing WWII-era heroic actions of corpsmen in battle.

The Center's layout includes various displays depicting Hospital Corpsmen's sacrifices in battle. One area of the Center will have plaques that list Hospital Corpsmen killed in action. Another wall will have photos and citations of the 21 Hospital Corpsmen awarded the Medal of Honor. Another area will show those who were prisoners of war and those who are still missing in action and a final wall space lists Naval ships named after Hospital Corpsmen.

To bring the exhibits more to life, six display cases will contain dioramas of Hospital Corpsmen tending patients and working with medical instruments, among other action scenes.

For more information about the Center, call the Naval Hospital Corps School at (847) 688-3410 or (847) 688-3595.

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Headline: Don't miss final opportunity for AMSUS award nominations

The deadline for submitting entries for the Association of Military Surgeons of the United States (AMSUS) awards program has been extended to June 30th.

So far, the Navy has only one nominee, which does not accurately reflect the high quality of Navy Medicine. We can do a better job of recognizing our people. If your command doesn't have the details about the awards, call AMSUS at (301) 897-8800.

Headline: TRICARE question and answer

Question: What is the TRICARE catastrophic cap benefit?

Answer: To protect all TRICARE customers from devastating financial loss due to serious illness or long-term treatment, the government sets limits over which TRICARE-eligible personnel will not have to pay. This is called your catastrophic cap benefit.

For active duty family members, the maximum family liability is \$1,000 for deductibles and cost-shares based on allowable charges for basic program services and supplies received in a fiscal year (October 1-September 30).

For retirees and their family members and survivors not enrolled in TRICARE Prime, the fiscal year cap is \$7,500. However, for retirees and family members enrolled in TRICARE Prime, the catastrophic cap is lowered to \$3,000.

After the maximum dollar limit is reached, TRICARE customers will not pay any additional cost-share or deductible for allowable health care services received during the remainder of the fiscal/enrollment year.

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Headline: Healthwatch: Self-care - fighting a fever

Self-care can help you get and stay healthy with fewer doctor visits. It means knowing how and when to treat yourself, and when it's wise to call the doctor. Learn self-care procedures to use when you have a fever. These simple steps can help you feel more comfortable and put your mind at ease by knowing you've done what you can to help your recovery.

Facts about fever

You have a fever when your temperature is over 100 degrees Fahrenheit. You may also feel hot or have chills. You may have a fever when you catch a cold or the flu. (Your body helps fight infection by raising your temperature; that activates your body's defenses and makes it harder for virus or bacteria to survive.) One danger of any fever is dehydration (losing too much fluid).

For older people, pregnant women or people with heart or lung disease, there is also the danger of too much stress on the body.

Fever in adults

Your goal in fever self-care is to replace lost fluids and keep comfortable. Drink 8 ounces of nonalcoholic liquids such as juice, water, or soup every two hours. To help lower your temperature, sponge your body with lukewarm water or place a cool compress on your forehead. Although you're hot, stay out of drafts. If you are uncomfortable, aspirin or acetaminophen will lower your temperature. Follow directions on the package.

#### Fever in children

Children's temperatures can be much higher than an adult's, sometimes going as high as 105 degrees Fahrenheit. Call your child's doctor whenever your child has a fever, since fevers often precede or accompany more serious childhood illnesses. To avoid the dangerous condition called Reyes Syndrome, never give a child aspirin. Instead, use acetaminophen as directed, place cool compresses on the forehead, and give plenty of fluids. If your child's fever remains elevated even after taking these steps, you may be advised to place the child in a tub of tepid water for about 30 minutes at a time, to bring his or her temperature down. Call your doctor

Call your doctor if these symptoms appear:

- Your child has a fever
- Your temperature is 102 degrees Fahrenheit or higher
- Your fever lasts more than five days
- You have a high fever plus stomach or severe back pain, cough with green or brown phlegm, pain when urinating, severe headache, confusion or irritability, or if you have other serious health problems.

Except when you have these symptoms, self-care will help you feel more comfortable and help you to a speedy recovery.

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Comments about and ideas for MEDNEWS are welcome. Story submissions are encouraged. Contact MEDNEWS editor, Earl Hicks, at email: mednews@us.med.navy.mil; Telephone 202/762-3223, (DSN) 762-3223, or fax 202/762-3224.

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